

A large, stylized white letter 'D' is positioned in the top left corner of a yellow vertical bar. To its right, the words 'DAYRON ARIAS MAGAZINE' are printed in a smaller, black, sans-serif font.

D
DAYRON ARIAS MAGAZINE

SPECIAL EDITION

NOVEMBER 2011

"I feel like my whole life is in
makeover mode.

- Dayron Arias

THE
MAKEOVER
ISSUE!

PG.10

November

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04 NOVEMBER IS HERE

Many Americans think of Thanksgiving as a wonderful time to celebrate getting out of school for a long weekend, and eating a great dinner. Or, maybe they think it is the start of the Christmas holiday season.

06 THE BEST BREAD

Every time you eat bread -- be it a bagel, an English muffin, or part of a sandwich -- you've got an opportunity to improve your diet. For most Americans, choosing whole-wheat bread products most of the time is the easiest way to eat more super-healthy whole grains

10 TIME FOR A MAKEOVER

Take a look at Dayron's new look. It's going to be a great season for me, said Dayron at a press conference in New York this past week.

20 SEASONAL COOKING

Thanksgiving pasta, and find top-rated recipes for holiday appetizers, stuffing, side dishes, desserts, and everything else you need to host your best Thanksgiving dinner yet.



PG. 36

The type of yoga you need to do is called vinyasa or flow yoga. This style of yoga usually starts with a fast-paced series of poses called sun salutations, followed by a flow of standing poses which will keep you moving.



PG. 12

ON THE COVER



COVER PHOTOGRAPHED
BY: JENNIFER ARIAS

Hair by: Jennifer Arias
Makeup by: Dayron Arias
Wardrobe Styling by: Dayron Arias
Set Design by: Yudmila Gonzalez

To get Dayron's look, try LiquilineBlast Eye Liner in Brown Blaze (\$11.25), CoverGirl & Olay Simply Ageless Foundation in Classic Ivory (\$16), and NatureLuxe Gloss Balm in Clay (\$7.50).

All products by CoverGirl; available at drugstores.

For more information visit:
www.dayronariasnetwork.com/magazine

editor's letter

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PUBLISHER



DAYRON ARIAS MAGAZINE

Dayron Arias Magazine explores all aspects of the cultural life-style including cooking, entertaining, travel, and dining out.

It's November So Let's Celebrate!



As a child, I would always tell my grandmother, "I can't wait until it's Christmas" and she would remind me that I had no choice but to wait but that is not your fate. In our "2011 Celebrations" issue we plan on catering to the party goer, family man and holiday lover in you. Though we have about a month before the "official" holiday season begins, I believe all man should be well equipped to thrive during the season.

It's only fitting that we start the month off with our November Makeover Issue of me and I look great, thanks to Jennifer Arias our fashion designer and makeup artist. Thanksgiving is full of traditions to share with family and friends. Celebrating Thanksgiving is one of our favorite holidays since involves lots of good food and drink! Recipes for Thanksgiving are some of the tastiest and we have all kinds of recipes to make your Thanksgiving feast a memorable event with unique ideas to plan a special dinner for your family and friends. Decorate your home in festive Thanksgiving accents, plan the tastiest Thanksgiving menu complete with turkey, side dishes and pie and other desserts. Celebrations experts love Thanksgiving and have shared some of their favorite dinner party ideas during this time of year. We've gathered com-

N ovember is always bittersweet. I'm happy that it's the second to last month of the year because the holiday season is just around the corner but I'm also in a reflective state as I think of the last ten months. I absolutely love all holidays (Thanksgiving, Christmas, Birthdays, etc) because in my eyes it's a great time to celebrate with friends and family while listening to some great music. In fact, I was just humming Christmas songs yesterday. Yes, on Halloween I was thinking of Christmas.

plete menu ideas so that you don't have to worry about what to cook on Turkey Day. We have delicious updates to traditional Thanksgiving recipes that incorporate some of the seasons hottest food trends. Get creative with Thanksgiving this year and throw a themed dinner party idea to make your dinner unique and stand out. Your guests will enjoy a menu crafted by party planning experts, visually beautiful Thanksgiving home decor and enjoy each other's company during this holiday. Get craft ideas for family fun with the kids and teach them about the history of Thanksgiving and the customs and traditions that surround this special holiday. We have all sorts of memorable Thanksgiving ideas that you can use this season so take a look and see if you can find some inspiration for Thanksgiving this year.



Fall is Here

And it's time to drink apples

Apples have long been a favorite cocktail flavor. Whether it is hot apple cider, chilled apple juice or one of the tasty apple brandies, the flavor of the apple makes a great foundation for many mixed drinks. You will find that apple mixes well with a variety of flavors from the obvious cinnamon and caramel to the not-so-obvious mango and rosemary. Apple, Apple Juice and Apple Cider Cocktails: These drinks include apples in some of the purest and most popular forms. Apple slices and apple juice give drinks a nice and pure apple flavor. When you are buying apple juice look for a bottle with the fewest additives for the truest flavor or, better yet,

go with an organic apple juice as these typically have no extra ingredients. Apple cider is a favorite for a number of hot cocktails, especially for those chilly days of autumn when apples are in season. Apple Spirit Cocktails:: Apple flavored distilled spirits are nothing new. Apple brandy - and apple whiskey in some cases - is a classic cocktail ingredients which you will find scattered throughout many of the first bartending guides. Today, we also have apple infused rums and vodkas to play with and a few of these cocktails use those. Another modern convenience are the myriad of often sour apple liqueurs and schnapps and while not the highest quality spirits available,

they are just that, convenient. Apples are also perfect for homemade infusions (ie. Apple-Pear Gin) so you can use the fruit to experiment with your own apple spirits. I have enjoyed this juice on and off for over 10 years now and its one of my favorite brain boosting juices. It also boasts exceptional health benefits and tastes delicious. Let's drink and celebrate together.

For more tips visit:
www.dayronariasnetwork.com

let's celebrate november

*Here are some of our favorite
Thanksgiving activities, recipes,
crafts, and traditions.*



BED & BREAKFAST

NOVEMBER'S FEATURED BREAD IS ORGANIC WHOLE WHEAT SOURDOUGH

Italy has a rich baking tradition, from dimpled focaccia loaves to floury ciabatta to saltless Tuscan breads. Try baking these recipes. It's amazing to think that from only flour, water, and yeast (and maybe a little salt for flavor) one can create an amazing array of baked goods. The same ingredients will yield

entirely different breads depending on how and in what quantity they are combined, and how the final dough is shaped and baked. Add to that all the possible flavorings and enriching agents (eggs, milk, sugar, and so on) and you can see that the possibilities truly are endless.

PREP TIME: | COOK TIME: | READY IN:
2 Min | **10 Min** | **15 Min**

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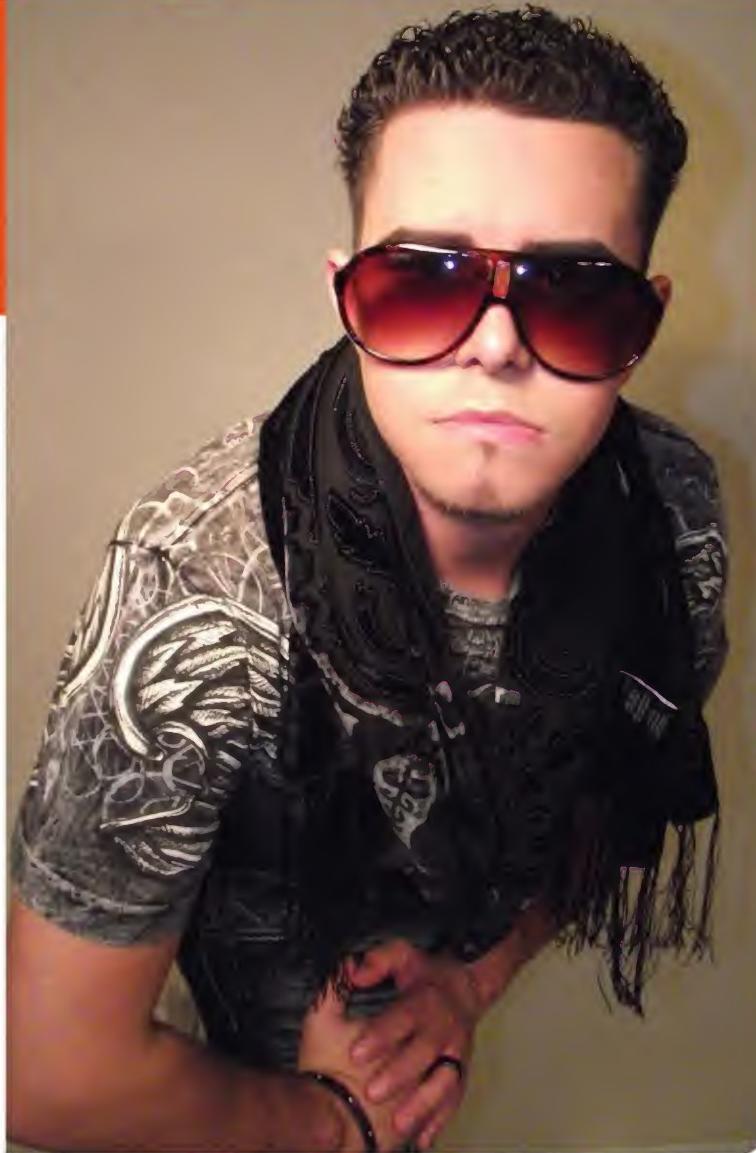
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"I feel like my whole life is in makeover mode. Big changes abound for me."
- Dayron Arias



Tis the season and holiday glitter is everywhere you look. But the frenzy from all the festivities can have your look lacking some seasonal luster. We have some easy, inexpensive tips that can add some sparkle to your look and spirit.

The holiday season is officially underway. But these can be a hectic days, leaving little time to deal with your own dazzle. So to really shine this season, there are fast and easy fixes for wardrobe, hair and makeup that won't break your holiday shopping budget. It's a look that can really make the season, and the smile bright finish with a bronzing powder for a just-in-from-the-cold glow. It's not about covering up, it's about illuminating. You want to bring out what's naturally inside of you and you want to have that sparkle of light," Dayron said.

Another hot holiday look is the "smokey eye." Use a cream liner as a shadow for rich color, and don't forget to blend. To open up the eye, add some light reflecting shadow in the corners. All you need on the lips is a soft gloss. You're changing your clothes, you're changing your makeup, change your accessory, change your hair, too.

If you're pressed for time, a dry shampoo can liven up limp locks. Use your fingers to add some volume and curl. A part can change a style. That's something that anyone can do, Dayron said. It's an easy fabulous fix and I can tell that you will feel great. You can pull back the hair for a sleek pony tail, or pin it up for a messy bun.

"Given what the economy is right now, you really want to simply glamorize your wardrobe, really," makeup designer Jennifer Arias said. A few key pieces can make the season bright. Add some accessories for a timeless look. A great updated evening outfit can come right out of your closet with sparkly sheath topped with a boyfriend jacket. Some cool boots can keep it right on trend.

A color block look is also a chic and easy day-to-night look. Or take basic like skinny jeans and simple top and transforms the look from casual to contemporary, and I really love the way I look.

If you can find a piece that you are so infatuated with and so in love with and incorporate that into your wardrobe it's going to change your mood and change everything about the holidays for you, Dayron said. All of our experts agree that simple fixes during a hectic holiday can easily brighten your mood. It's more about taking the time than spending any money.

LOOKS THAT SAY, "YOU'RE HIRED!"



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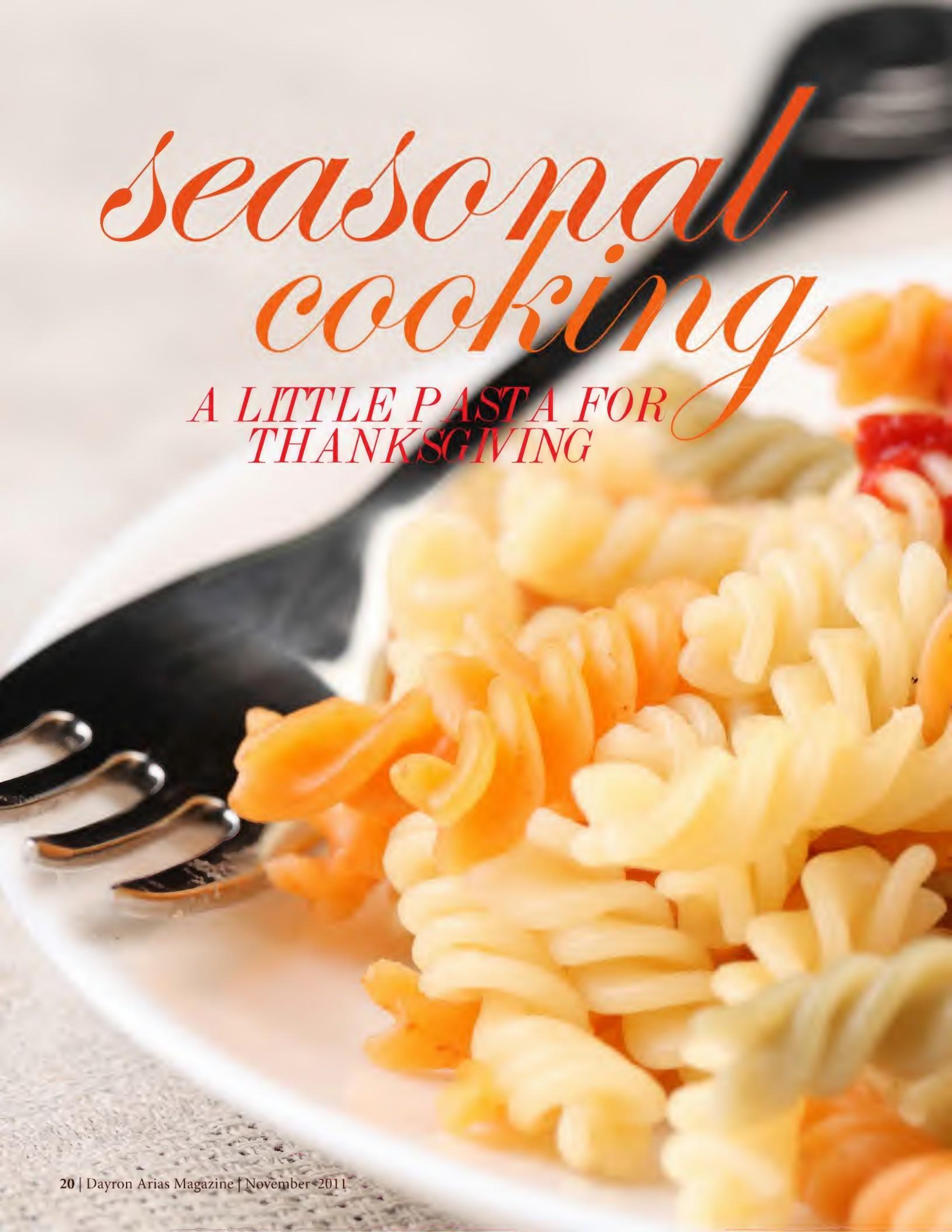
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*A LITTLE PASTA FOR
THANKSGIVING*





let's cook

Italian Thanksgiving Dinner

eat like me

Although Thanksgiving is an all-American holiday, there are many wonderful Italian dishes that fit perfectly into a Thanksgiving dinner menu. Every family of Italian heritage has different culinary traditions to celebrate Thanksgiving. Most people have traditional recipes that they would never consider changing. As well as the traditional turkey and side dishes most Americans are familiar with, an Italian-American Thanksgiving will often also include an antipasto, a pasta course, soup and/or a salad, as well as many different traditional desserts to complete the meal. We are sharing a number of recipes that we have made and that would be perfect for any Thanksgiving dinner. Choose one or more and create your own unique menu.



OUR FAVORITE PASTA RECIPES
FIND THE TOP RECIPES AT DAYRONARIAS.COM

Pasta is one dish most people claim to be able to cook. It's true, pasta is relatively simple to prepare--anyone can boil water. Still, there are a few simple tricks you should know.

TOOLS OF THE TRADE

1. A large (6- to 8-quart) pot
2. Four to six quarts of cold water
3. A healthy dose (1-2 tablespoons) of salt
4. A wooden or long-handled spoon, and
5. A colander for draining the pasta



To cook evenly and prevent it from sticking together, pasta needs "breathing" room. Use a deep saucepan and at least 4 quarts of water per pound of pasta. Salt is added to the cooking water, not to lower the boiling point, but rather to season the pasta. If you don't season the cooking water, the pasta may taste flat--no matter how salty the sauce you dress it in. Bring the water to a full, rolling boil. The temperature will drop once you add the pasta, so make sure it's boiling before dropping in the pasta.

Gently stir short pasta immediately after adding to water; let spaghetti and long strands soften for a minute before stirring. Don't break pasta in half. It's not necessary to add oil to the water; you'll just be pouring good olive oil down the drain. Just use plenty of water and stir occasionally to prevent sticking. Don't combine two types or sizes of pasta in the same pot of water, as they will finish cooking at different times. Pasta should be cooked until it's tender but slightly firm to the bite. If it's going to be used in a recipe--like baked ziti, macaroni and cheese, or lasagna-



THANKSGIVING DINNER ON A BUDGET

Follow these tips for Thanksgiving dinner on a budget so you can enjoy food and conversation right along with your guests. Wash them first (and after!), of course, but no tongs or salad tools can possibly replicate the delicacy and feel of human hands.

Classic thanksgiving pasta is a lacto ovo vegetarian dish that is prepared by boiling. No matter whether you are an iron chef or a novice, you will find classic thanksgiving pasta easy to prepare. For cooking classic thanksgiving pasta, one should typically follow the american method though one can make it in different ways if one were to try various international styles. This high protein classic thanksgiving pasta would be a great addition to your diet. You will love the velvety texture of the classic thanksgiving pasta. It is often preferred by people who enjoy savour food. It is generally regarded main dish.



BEST TASTING MENU

PREP TIME: **1 Min** COOK TIME: **45 Min** READY IN: **74 Min**

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-it can be even firmer, since it will absorb liquid and cook more in the oven. The longer you cook pasta, the mushier it gets. Don't rely on the clock to evaluate doneness. If you're tossing the pasta with a sauce, reserve a cup or two of the cooking water before you drain the pot. The water can be added to thin out a thick sauce, like pesto, and the starch in the water helps sauces stick to each shape or strand. Cook according to package instructions (usually 10 to 12 minutes). Drain the pasta in a colander. If you're making a cold pasta salad, rinse with cool water to stop the cooking. Otherwise, return the colander to the pot and cover to keep it warm. Pasta should be served immediately in warm bowls. Ladle a scant half cup of sauce in the bottom of each bowl, top with pasta, and add more sauce.

Some Thanksgiving dinner favorites, including green bean casserole recipes, squash bake, sweet potatoes several ways, make-ahead mashed potatoes, asparagus dishes, corn casseroles, peas, creamed onions, and more.

introducing the new



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thanksgiving family traditions

HOW TO PUT THE JOY BACK INTO THE CELEBRATIONS

Do you love the holidays but hate what they take out of you? Have you ever wanted to just slip away before one more Fa-La-La chorus? Is your heart in the giving but not in the accompanying chaos? If so, you are not alone.

Many of us literally “lose it” around the holidays. We lose our heads and forget our budgets; we lose our focus and forget what’s meaningful; we lose our balance and forget ourselves. For many, the season of giving has gotten out of control and the joy that we once experienced has diminished considerably. If all this sounds too familiar, there are three things you can do to put the joy back in your celebrations. Find a quiet spot, and with pad in hand, take five minutes to list the things that you love most about the holidays. These might include: baking cookies, working at a soup kitchen, collecting

toys for tots, smelling fresh evergreen, singing in the choir, listening to carols, attending services, reflecting on childhood memories, appreciating the generosity of strangers, praying for peace, connecting with friends, making a traditional dinner, visiting with family, decorating your house, shopping amidst the bustle, or enjoying the magic of city lights. Whatever you love, just jot it down.

Now, create another list—all the things that detract from your holidays. Jot down anything that saps your energy, dims your joy, or just doesn’t feel right. Your list will be personal, of course, but might include such things as: feeling obliged to give certain gifts, attending gatherings you don’t enjoy, doing so much you get exhausted, forgetting to give thanks for all that you have, enduring family squabbles, not giving to others outside of your fam-

ily, focusing on gift size instead of the thought, foregoing traditions in lieu of convenience. Write down anything that takes the sparkle out of your celebration.

After reviewing your two lists, sit quietly and allow your mind to create an image of a delightful holiday season. What are you doing and how are you feeling? Who are you spending time with? Where are you making a difference by giving what





someone truly needs? When do you see yourself relaxing, reflecting, remembering what's important? How are others behaving in your presence? What "gifts" are you receiving from others? How are you expressing what the holidays mean to you? Plan So You Can Be Spontaneous. With your season choreographed in your mind, you have a picture of what would delight you. Now it's time to create a shared vision with significant others, so you can set about planning and perhaps even "negotiating" for a holiday season that everyone enjoys. For instance, if your mate really doesn't want to go to worship services but you do, you'll have to decide how important it is that you go together. Would you be fine in attending by yourself, or would it mean a lot to you to go together? Perhaps you can compromise on a different front that is important to your significant other—like limiting gift buying to one per family member so the January bills don't knock your socks off. Maybe you could invite relatives to your home if your spouse dreams of not driving on the holidays. If, as a family, you discuss what is important to each of you, what you most enjoy, and what you could do without, you'll all be "singing from the same song sheet" so to speak, and less likely to inadvertently detract from each other's joy.



AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER WORDS, BUT TO LIVE BY THEM.

You can agree on boundaries for gift-shopping, responsibilities for decorating, the number of gatherings you'll host and attend, when and where you'll spend time together, and how you will keep the true meaning of the holidays alive in your home. You might agree on how to simplify celebrations, how to distribute the workload so everyone enjoys the season, and what non-material gifts (e.g., respect, quiet time, appreciation,

affection, encouragement, empathy) each of you would most enjoy this year. It's also not a bad idea to write down agreed upon commitments on a calendar or a holiday to-do list with completion dates listed so there is a visible, gentle reminder and no one has to "nag" another to keep a commitment.



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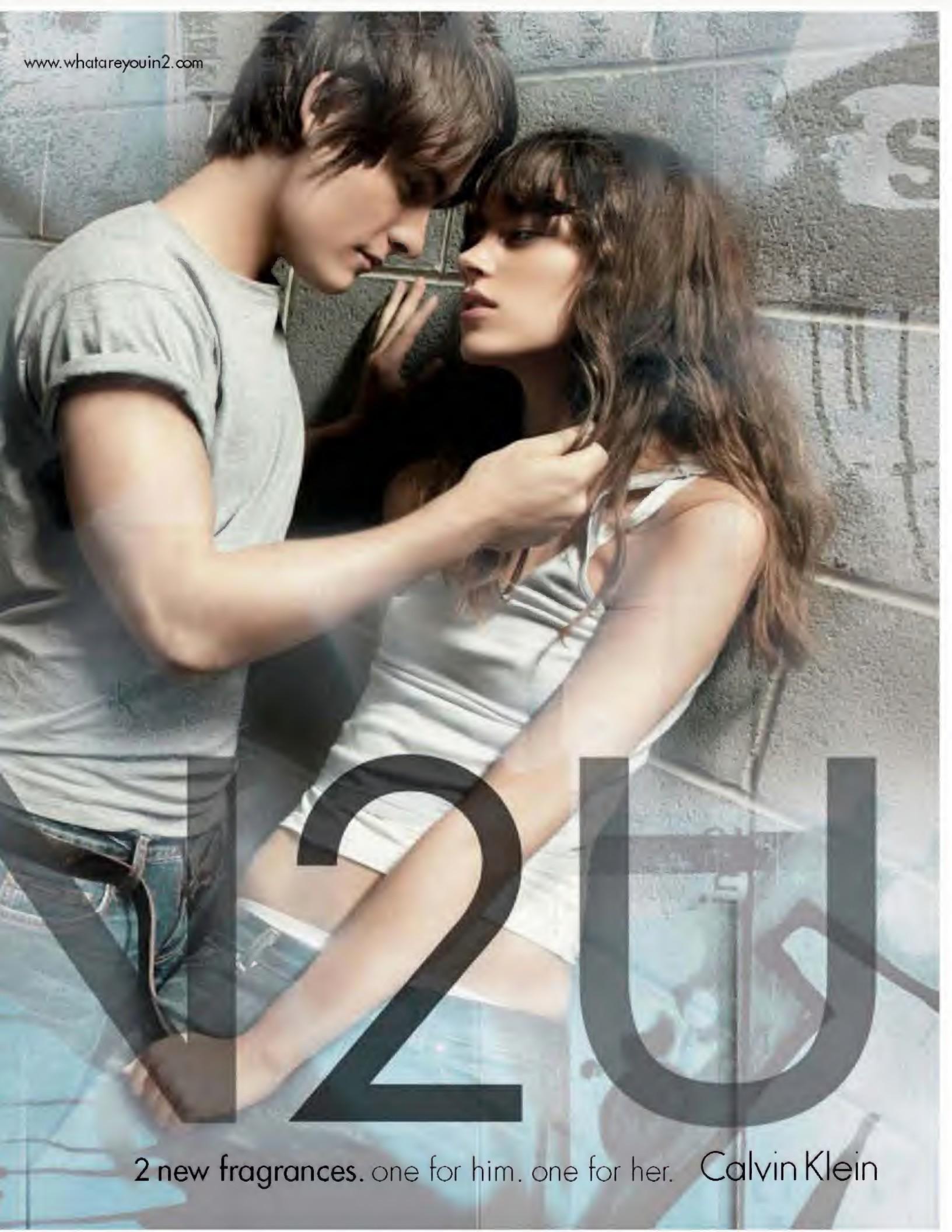
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A color photograph of a man and a woman in an intimate pose. The man, on the left, has dark hair and is wearing a light gray t-shirt and blue jeans. He is leaning in close to the woman, his face near hers. The woman, on the right, has long brown hair and is wearing a white tank top. She is looking off to the side with a neutral expression. They are positioned against a background of a brick wall and a metal railing.

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2U

HOLIDAY'S HEALTH & Fitness Yoga



A photograph of a shirtless man with dark hair and a well-defined physique. He is wearing white swim trunks and is in the middle of a yoga pose, specifically a variation of the tree pose or a similar balance pose. His left leg is bent and his foot is tucked behind his right thigh. His hands are in mudras; his left hand is at his heart center, and his right hand is held up towards the sky in a mudra. The background is a bright, sandy beach under a clear blue sky.

Will doing yoga help me lose weight?

Doing yoga regularly offers many benefits, including making you feel better about your body as you become stronger and more flexible, toning your muscles, reducing stress, and improving your mental and physical well-being. But will it help you lose weight?

Answer: Practicing any type of yoga will build strength, but some types may not raise your heart rate enough to make them the only form of exercise you need to include in your weight loss regime. It depends on the type of yoga you select and how frequently you practice it.



In order to lose weight, you must eat healthily and burn calories by doing exercise that raises your heart rate on a regular basis. Some types of yoga, such as Iyengar, in which yoga poses are held for several minutes with a resting period between each pose, will build strength, tone muscles and improve your posture, but will not give you the cardiovascular workout you need to lose weight.

If you plan to make yoga your primary form of exercise, you must do a vigorous 90-minute yoga class at least three times a week. Many people also choose to combine yoga with running, walking or other aerobic exercise in order to reach their weight loss goals.



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